

We are pleased to announce that we are open for appointments.

The safety of our patients and staff is the highest priority for our practice. We have always been committed to providing you, our patients with maximum protection from infectious diseases. We continue to follow our universal protocols. As we care for you, please be aware that we are strictly following all guidelines provided to us by local, state and federal governments as well as the Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), Occupational Safety and Health Administration (OSHA) and other authorities.

We continue with stringent measures maintaining cleanliness in the office. We have safety protocols in place at the practice to ensure you and our team are safe, including number of exams per hour and new processes for sanitizing eyewear. When you schedule an appointment, we will reach out to you to let you know our new protocol in greater detail

We feel confident in our ability to see patients and provide primary care according to our **Tradition of Quality** that you have come to respect and deserve.

- We are open for regular business hours for all services.
- Entry to the office is **by appointment only**. This includes anyone who needs to pickup glasses or contact lenses and anyone needing adjustments.
- We are scheduling appointments for new and existing patients.
- Individual examination rooms are disinfected before and after every patient exam, including all surfaces, instrumentation, door handles, and equipment.
- Our optical boutique has additional precaution measures to take care of your needs.
- All eyewear selections are done one-on-one with our optician. Frames are separated and sanitized after trying on.
- Alcohol sanitizer is available in all areas of our office.
- Prior to arrival for your appointment you will receive a screening questionnaire.
- Door is locked: phone call when you arrive.
- Your temperature will be taken upon arrival.
- **Masks are required**. If you do not have one. We will provide one for you.
- If it is not essential for a family member to join you for the visit, we ask that they not accompany you to the office. We have a limited guest policy for our patients. We ask that any guests that come with the patient for the appointment, remain in the lobby. The exceptions are for pediatric patients, who are allowed ONE parent in the office. If you have a physical or medical disability that requires a caretaker, please inform the staff. We have a Limited Guest policy for our patients.

Thank you for entrusting Eye & Contact Lens Associates of North Texas, with your vision and eye care needs.



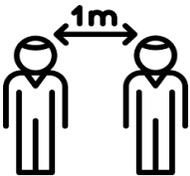
Meticulously cleaning frequently touched areas and surfaces.



All staff members are thoroughly washing their hands throughout the day.



Soap and hand sanitizer are conveniently placed for patient use.



Safe distancing practices are in place at all times



Providing the proper gear for our staff.



Temperature checks



Wellness Form

Contact Lens Wear During COVID-19

Contact Lens wear is safe during the pandemic

- People Can Keep Wearing Contact Lenses. Contact Lenses themselves will not give you COVID-19. Contact lens wearers should always practice good hygiene when handling lenses. There is currently no scientific evidence that contact lens wearers have an increased risk of contracting COVID-19 compared with glasses / spectacles wearers.
- Good Hygiene Habits are Critical. Thorough handwashing and drying are essential, as well as properly wearing and caring for contact lenses, ensuring good contact lens case hygiene, and regularly cleaning glasses / spectacles with soap and water. These habits will help wearers stay healthy and out of their doctor's office or hospital, thereby minimizing impacts on the wider healthcare system.
- Keep Unwashed Hands Away from the Face. Whether people wear contact lenses, glasses / spectacles or require no vision correction at all, individuals should avoid touching their nose, mouth and eyes with unwashed hands, consistent with World Health Organization (WHO) and U.S. Centers for Disease Control and Prevention (CDC) recommendations.
- Regular Eyeglasses / Spectacles Do Not Provide Protection. No scientific evidence supports rumors that everyday eyeglasses / spectacles offer protection against COVID-19.
- If You Are Sick, Temporarily Stop Wearing Contact Lenses. Contact lens wearers who are ill should temporarily revert to wearing eyeglasses / spectacles. They can resume use with fresh, new contact lenses and lens cases once they return to full health.
- Exercise Proper Hand Washing. When using contact lenses or spectacles, one should wash their hands carefully and thoroughly with soap and water for at least 20 seconds, followed by hand drying with unused paper towels. This should occur before every contact lens insertion and removal. If soap and water are not readily available, use a hand sanitizer. People should avoid touching their eyes, nose, and mouth with unwashed hands.
- Disinfect Contact Lenses. Contact lens wearers should either dispose of their daily disposable lenses each evening, or regularly disinfect their monthly and two-week lenses according to instructions.
- Discontinue Lens Wear If Sick. Consistent with recommendations for other types of illness, those who feel ill with cold or flu-like symptoms should cease contact lens wear.
- If you have a contact lens prescription that is near expiring or has recently expired, contact us.
- Healthy individuals can continue to wear and care for their lenses as prescribed. Click here for further information on healthy habits for contact lens wear <https://www.eyetexas.com/services-specialties/optical-contact-lens-services/>

Helping You Decide if Laser Eye Surgery Is Right for You

If you've worn glasses or contacts for a long time, you've probably wondered if laser eye surgery is a good choice for you. Laser eye surgery offers a huge variety of benefits and could improve your quality of life.

We're here to give you all the facts you need to help you make the right decision. Our Optometrists offer pre- and post-operative care for patients undergoing all sorts of laser eye surgery procedures.

We'll Walk You Through the Process From Start to Finish

CONSULTATIONS & REFERRALS POST-OPERATIVE CARE

Once you have scheduled your surgery, we'll contact you to book some follow-up appointments with us. Typically, your first follow-up is the day after surgery. You'll have a series of follow-up appointments in our office over the next 6 months.

We recommend a full eye exam 1 year after your surgery to determine the long-term results of your procedure. Our Optometrists are happy to answer any questions you might have along the way.

Myopia Control for Kids Could Mean Lighter Prescriptions for Adults

Myopia (also known as nearsightedness) is growing increasingly common among kids today. And, unfortunately, childhood cases of myopia tend to get progressively more severe as the child gets older. Without treatment, a relatively mild case of myopia in childhood could become quite severe by the time a person turns 21.

Myopia control is a treatment designed to slow down myopia progression. By controlling your child's myopia, you can help keep it from getting significantly worse, preserving their distance vision and keeping their prescription lighter for adulthood.

See & Be Seen proudly offers myopia control treatments. [Book an appointment today to ask about myopia control for your child](#)

How Does Myopia Control Work?

Studies show that the progression of myopia is related to regular eye stress and fatigue. Myopia control treatments are all based around making small changes to the eye's structure or focusing process to prevent this kind of strain wherever possible.

At See & Be Seen, we use two main methods to do that.

Ortho-K lenses are a special kind of rigid contact lens that your child wears overnight. As your child sleeps, the lens gently reshapes your child's cornea, correcting their myopia. In the morning, your child takes

the lenses out and the cornea maintains its new shape throughout the day, allowing them to see clearly without the use of glasses.

- Your eyewear is about more than style; it's about clear, crisp vision. While many optical boutiques place all of their focus on frame selection, we recognize the importance of quality lenses. Our eyeglass lens brands are known for their quality and resilience, many of which come with standard scratch and reflection-resistant coatings.
- Ask our skilled opticians which lenses work best for your needs.